

# popular plant based options

## University Union

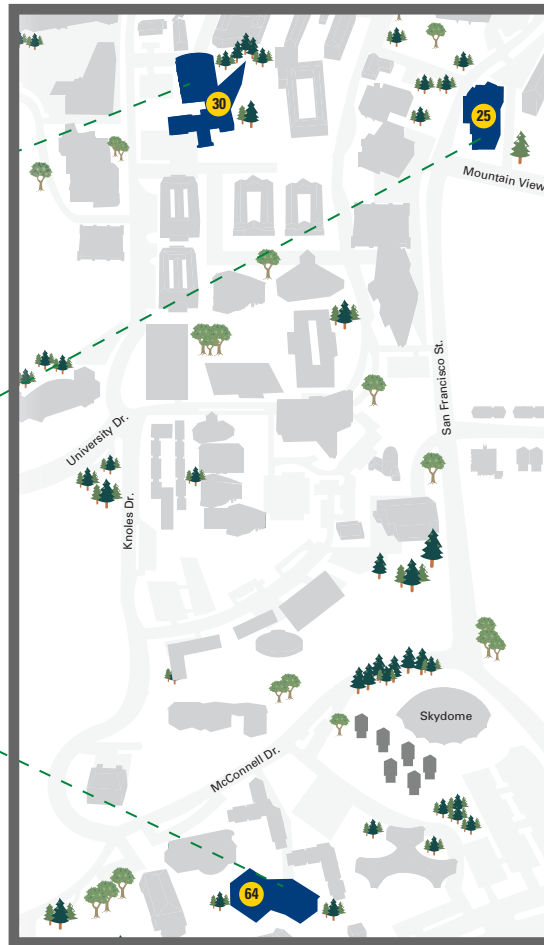
- Hot Spot
- Turnip the Greens
- Jamba Juice
- Lemon Grass

## Health & Learning Center

- Green Scene Cafe
- Essential Blends

## du Bois South Union

- The DüB Dining District
- Subway



## resources

**Registered Dietitian:** [riley.lau@nau.edu](mailto:riley.lau@nau.edu)

**Food for Thought Meetings:** these meetings are open to all students, faculty, and staff who want to provide insight to help us shape the future of Campus Dining at NAU.

Email: [NAUCampusDining@gmail.com](mailto:NAUCampusDining@gmail.com) for meeting times

# Plant Based

dining on campus



Vegetarian



Vegan



Plant Based

**NAU** NORTHERN ARIZONA UNIVERSITY

Campus Dining



NAU Campus Dining is proud to offer both vegan and vegetarian options at a majority of our dining locations. From breakfast to late-night, we aim to provide delicious options for everyone.

- All dining locations on campus offer vegetarian options
- 23 of 27 dining locations offer vegan menu options

Continue reading for tips and tools to help you get the most from your dining experience.



## dining hall hacks



Look for these icons to help you identify menu items that meet your needs.

- Magellan's in the Hot Spot and Plant Forward in the DüB; the plated dish varies between vegan and vegetarian items
- Simple Servings always features a protein, cooked vegetables, and a starch; many times these options are vegan
- Ask for tofu at 360 Grill with your stir fry or at the sandwich station
- Choose pasta with marinara and vegetables at Al Dente in the DüB or Bella Trattoria in the Hot Spot
- Order a veggie burger or a grilled cheese sandwich at the grill
- Load up at the superfoods bar; these salads offer a variety of fresh vegetables, vegetarian proteins and whole grains that can help meet your nutritional needs
- Have a question? Not sure about a menu item? Ask a manager to double check an ingredient list or recipe for you



## transfer special favorites

### Cobrizo Mexican Grill:

**Vegetarian:** bean & veggie burrito, tacos, salad, Naked Burrito, cheese quesadilla, or nachos & beverage  
**Vegan:** order without cheese & sour cream

### Einstein Bros. Bagels and Coffee & Bagels:

**Vegetarian:** bagel with schmear with fruit & beverage  
**Vegan:** Avocado Veg Out sandwich, bagels\* with no schmear, \*most bagels offered are vegan friendly, ask your cashier

### Essential Blends:

**Vegetarian:** any 24 oz Original Blend  
**Vegan:** swap frozen yogurt for fruit

### Green Scene Cafe:

**Vegetarian:** cheese melt, caprese, or parfaits with fruit and drink  
**Vegan:** roasted vegetable & quinoa wrap, Greek salad, or create-your-own salad with fruit & a drink

### Jamba Juice:

**Vegetarian:** any medium classic smoothie  
**Vegan:** substitute frozen yogurt for fruit & ask for soy milk

### Pizza Hut Express:

**Vegetarian:** cheese pizza with fruit & beverage

### Qdoba:

**Vegetarian:** burrito or bowl with veggies  
**Vegan:** order without cheese & sour cream

### Lemon Grass:

**Vegetarian:** vegetarian special rice bowl  
**Vegan:** tofu entree rice bowl

### Subway:

**Vegetarian:** 6 inch veggie delight or veggie sandwich with fruit & beverage  
**Vegan:** order without cheese & sour cream

### The Wedge Pizza & Market:

**Vegetarian:** cheese or veggie deluxe 7" pizza, Flagstaff melt or the simply cheese melt with fruit & beverage

### Turnip the Greens:

**Vegetarian:** Tomato Mozzarella Caprese, Roasted Portobello, Eat Olive It, Hippie Chick, Sweet Potato & Chickpea Buddha Bowl, Autumn Harvest Grain, or BYO salad with beverage  
**Vegan:** no cheese & substitute cream based dressing for vinaigrette

